

Skater's Name: _____ Session: _____

S K I L L P R O G R E S S I O N S

Fundamental Movements	Stage 1 (Balance)	Stage 2 (Glide Forwards)	Stage 3 (Glide Backwards)	Stage 4 (Edges)	Stage 5 (Power)	Stage 6 (Speed)	Date Fundamental Movements Completed	Optional Enrichment Stage 7 (Pre-Preliminary)
Go Forward	<input type="checkbox"/> balance on 2 feet with eye focus (posture/alignment) <input type="checkbox"/> marching on the spot <input type="checkbox"/> walking fwd (duck walk)	<input type="checkbox"/> fwd consecutive push/glide sequence (min. 8 thrusts) <input type="checkbox"/> fwd glide (two feet to one foot) <input type="checkbox"/> fwd 1/2 sit glide <input type="checkbox"/> fwd two-foot sculling	<input type="checkbox"/> fwd sidelm (two feet and one foot)	<input type="checkbox"/> fwd glide on curve clockwise (two feet to one foot) <input type="checkbox"/> fwd glide on curve counter-clockwise (two feet to one foot) - walking crosscuts: <input type="checkbox"/> right over left <input type="checkbox"/> left over right	<input type="checkbox"/> fwd circle thrusts clockwise <input type="checkbox"/> fwd circle thrusts counter-clockwise <input type="checkbox"/> fwd crosscuts in a figure 8 pattern - edge development (step/step/step and hold on alternating curves): <input type="checkbox"/> FO <input type="checkbox"/> FI	<input type="checkbox"/> fast fwd perimeter stroking clockwise <input type="checkbox"/> fast fwd perimeter stroking counter-clockwise	dd / mm / yy	- full edges on a line: <input type="checkbox"/> FI <input type="checkbox"/> FO <input type="checkbox"/> fast fwd perimeter stroking with crosscuts - clockwise <input type="checkbox"/> fast fwd perimeter stroking with crosscuts - counter-clockwise <input type="checkbox"/> fwd progressives <input type="checkbox"/> fwd chassés <input type="checkbox"/> fwd rolls or swing rolls
Go Backward	<input type="checkbox"/> walking bwd (8 steps)	<input type="checkbox"/> walking bwd with glide	<input type="checkbox"/> bwd consecutive push/glide sequence (min. 8 thrusts) <input type="checkbox"/> bwd glide (two feet to one foot) <input type="checkbox"/> bwd two-foot sculling	<input type="checkbox"/> bwd glide on curve clockwise (two feet to one foot) <input type="checkbox"/> bwd glide on curve counter-clockwise (two feet to one foot) <input type="checkbox"/> bwd sidelm (two feet to one foot)	<input type="checkbox"/> bwd circle thrusts clockwise <input type="checkbox"/> bwd circle thrusts counter-clockwise	<input type="checkbox"/> fast bwd perimeter stroking clockwise <input type="checkbox"/> fast bwd perimeter stroking counter-clockwise <input type="checkbox"/> bwd crosscuts in a figure 8 pattern - edge development (step/step/step and hold on alternating curves): <input type="checkbox"/> BO <input type="checkbox"/> BI	dd / mm / yy	- full edges on a line: <input type="checkbox"/> BI <input type="checkbox"/> BO <input type="checkbox"/> fast bwd perimeter stroking with crosscuts - clockwise <input type="checkbox"/> fast bwd perimeter stroking with crosscuts - counter-clockwise <input type="checkbox"/> bwd progressives <input type="checkbox"/> bwd chassés <input type="checkbox"/> bwd rolls or swing rolls
Stop	<input type="checkbox"/> falling down getting up <input type="checkbox"/> making snow	<input type="checkbox"/> fwd snowplow or fwd 1/2 snowplow	<input type="checkbox"/> bwd snowplow or bwd 1/2 snowplow	<input type="checkbox"/> fwd two-foot side stop	<input type="checkbox"/> one-foot side stop	<input type="checkbox"/> fwd two-foot side stop with speed	dd / mm / yy	<input type="checkbox"/> fwd fast skating, stop, bwd fast skating, stop
Turn	<input type="checkbox"/> two-foot quarter band turns on spot	<input type="checkbox"/> two-foot 1/2 turn on spot	<input type="checkbox"/> two-foot turn fwd to bwd <input type="checkbox"/> two-foot turn bwd to fwd	<input type="checkbox"/> turning on curve fwd to bwd and bwd to fwd (two feet) - turning on curve fwd to bwd (one foot): <input type="checkbox"/> outside <input type="checkbox"/> inside	- turning on curve bwd to fwd changing feet <input type="checkbox"/> LBO/RFO or RO/LFO <input type="checkbox"/> LBR/RB or RB/LR	<input type="checkbox"/> circle stroking with crosscuts and turns <input type="checkbox"/> turning on a curve fwd to bwd changing feet - turning on curve bwd to fwd (one foot): <input type="checkbox"/> outside <input type="checkbox"/> inside	dd / mm / yy	<input type="checkbox"/> simple set pattern step sequence (including 3s and mohawks)
Spin	<input type="checkbox"/> walking around on spot	<input type="checkbox"/> two-foot spin	<input type="checkbox"/> two-foot spin picking up alternating feet	<input type="checkbox"/> fwd one-foot spin (one revolution) <input type="checkbox"/> two-foot sit spin	<input type="checkbox"/> fwd one-foot spin (more than one revolution) <input type="checkbox"/> one-foot back spin (one revolution)	<input type="checkbox"/> one-foot spin with FO spin-rolling edge entry (more than one revolution) <input type="checkbox"/> one-foot back spin (more than one revolution)	dd / mm / yy	<input type="checkbox"/> one-foot spin with bwd crosscut entry <input type="checkbox"/> sit spin (one revolution) <input type="checkbox"/> back sit spin (one revolution)
Jump	<input type="checkbox"/> two-foot jump on spot	<input type="checkbox"/> two-foot jump while gliding fwd	<input type="checkbox"/> two-foot jump gliding bwd	<input type="checkbox"/> two-foot jump fwd to bwd and bwd to fwd on a curve	<input type="checkbox"/> one-foot jump fwd to bwd <input type="checkbox"/> fwd power jump	<input type="checkbox"/> back toe-assisted jump <input type="checkbox"/> rotating power jump	dd / mm / yy	<input type="checkbox"/> waltz jump (from bwd crosscuts) <input type="checkbox"/> toe loop <input type="checkbox"/> Sashow <input type="checkbox"/> 1/2 flip or 1/2 lutz
Date Stages Completed	dd / mm / yy	dd / mm / yy	dd / mm / yy	dd / mm / yy	dd / mm / yy	dd / mm / yy		dd / mm / yy
Optional Challenge Skills Program options: F: figure P: power Pr: precision	<input type="checkbox"/> F: fwd skate across width of ice without falling <input type="checkbox"/> P: falling and getting up while moving <input type="checkbox"/> P: fwd one-foot balance	<input type="checkbox"/> F: fwd skate perimeter of ice <input type="checkbox"/> F: bwd skate across width of ice <input type="checkbox"/> P: tight glide turn <input type="checkbox"/> P: bwd one-foot balance	<input type="checkbox"/> F: bwd skate perimeter of ice <input type="checkbox"/> F: fwd spiral <input type="checkbox"/> P: V start from back snowplow	<input type="checkbox"/> F: bwd spiral <input type="checkbox"/> P: V start from side stop <input type="checkbox"/> P: fwd lateral movement (6-8 skaters)	<input type="checkbox"/> F: shoot the duck <input type="checkbox"/> P: bwd lateral movement <input type="checkbox"/> P: fast bwd start from side stop <input type="checkbox"/> Pr: fwd 4-spoke pinwheel (min. 8 skaters)	<input type="checkbox"/> F: any jump with one rotation <input type="checkbox"/> F: back spin with hop on exit (backcut) <input type="checkbox"/> P: one-foot reverse pivot turn (6-8 skaters one direction)		<input type="checkbox"/> loop jump <input type="checkbox"/> 1/2 Axel take off <input type="checkbox"/> camel spin or back camel spin